

# THE GENERAL WARMUP

EXERCISE	SETS	REPS/TIME	NOTES
Low intensity cardio	N/a	5-10min	Pick any machine which elevates your heart rate to 100-135bpm
Foam rolling/lacrosse ball	N/a	2-3min	Foam roll large muscle groups: quads, lats, calves. Optionally use a lacrosse ball for smaller muscle groups: pecs, delts, hamstrings
Front/back leg swing	1	12	12 Each leg
Side/side leg swing	1	12	12 Each leg
Standing glute squeeze	1	15 Sec	Squeeze your glutes as hard as possible
Prone trap raise	1	15	Mind muscle connection with mid back
Cable external rotation <i>(Optional)</i>	1	15	15 Each side
Cable internal rotation <i>(Optional)</i>	1	15	15 Each side
Overhead shrug <i>(Optional)</i>	1	15	Light squeeze on traps at the top of each rep

# THE SPECIFIC PYRAMID WARMUP

Before the first exercise for each bodypart, perform a basic loading pyramid:

- Pyramid up in weight with 3-4 light sets, getting progressively heavier.
- Such a warmup is only required for Primary Exercises
- For example, if you were working up to 4 sets of 350 pounds for 5 reps on the squat, you could warm up as follows:

- Bar (45 lbs) x 15 reps
- 135 lbs x 5 reps

- 225 lbs x 4 reps
  - 275 lbs x 3 reps
  - 315 lbs x 2 reps
  - Then begin working sets with 350 lbs for 5 reps
- On a %1RM basis, warm up pyramids can be structured like this:
- Bar (45 lbs) x 15 reps
  - 40% lbs x 5 reps
  - 50% lbs x 4 reps
  - 60% lbs x 3 reps
  - 70–75% lbs x 2 reps
  - Begin working sets

*Remember that such an extensive warmup is only required for Primary Exercises.*

**WEEK 1**

# **POWERBUILDING**

## **2.0**

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	2	82.5-87.5%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	4	80-85%	8.5	3-4MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	6	75-80%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	3	4	80%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	5	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

MANDATORY REST DAY

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	6	75-80%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	4	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	87.5-92.5%	8	3-4 MIN					WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	5	80%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	10	65%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!

FULL BODY 4	6" BLOCK PULL	4	2	6	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

FULL BODY 5 (PUMP DAY)	A1: HAMMER CURL	1	4	8-10	N/A	9	0 MIN					DO BOTH ARMS AT ONCE. USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC
	A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION	1	4	10-12	N/A	9	1-2 MIN					CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE
	B1: CABLE CURL	0	3	20	N/A	8	0 MIN					TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP
	B2: CABLE TRICEPS KICKBACK	0	3	20	N/A	8	1-2 MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	ENHANCED-ECCENTRIC CALF RAISE	1	3	8 EACH	N/A	8	1-2 MIN					DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE
	C1: PLATE SHRUG	0	3	15-20	N/A	8	0 MIN					BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS!
	C2: NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

**WEEK 2**

# **POWERBUILDING**

## **2.0**

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 1	BACK SQUAT	3	3	4	75-80%	7	3-5 MIN					SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE
	BARBELL RDL	2	3	10	N/A	6	2-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	UNILATERAL LEG PRESS	1	2 EACH	12-15	N/A	8	1-2 MIN					HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG
	ECCENTRIC-ACCENTUATED LEG EXTENSION	0	2	10-12	N/A	10	2-3 MIN					4-SECOND LOWERING PHASE
	LEG CURL (CHOICE)	0	2	10/15	N/A	10	2-3 MIN					DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	STANDING CALF RAISE	1	3	12-15	N/A	8	2-3 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	A1: WEIGHTED CRUNCH	0	3	10-12 EACH	N/A	8	0 MIN					HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD!
	A2: LONG-LEVER PLANK (OPTIONAL)	0	3	30SEC	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT

PUSH 1	BARBELL BENCH PRESS	3	2	8	72.5%	7	3-4 MIN					SUBMAXIMAL SETS, FOCUS ON FORM
	MACHINE SHOULDER PRESS	2	3	10-12	N/A	9	3-4 MIN					DO SEATED DB ARNOLD PRESS IF NO MACHINE. PUSH THESE JUST SHY OF FAILURE, PRESS HARD
	DIP	1	3	12-15	N/A	8	2-3 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB OR BB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ECCENTRIC-ACCENTUATED BARBELL SKULL CRUSHER	1	3	8-10	N/A	9	1-2 MIN					3-SECOND LOWERING PHASE. ARC THE BAR BACK BEHIND YOUR HEAD
	EGYPTIAN LATERAL RAISE	0	3	8-10(+4+4)	N/A	10	1-2 MIN					DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS.
	CONSTANT-TENSION CABLE TRICEPS KICKBACK	0	2	20-30	N/A	10	1-2 MIN					MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN

PULL 1	WEIGHTED PULL-UP	2	3	4-6	N/A	9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	SEATED CABLE ROW	2	3	10-12	N/A	9	2-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK
	CONSTANT-TENSION CABLE KNEELING PULLOVER	1	3	15-25	N/A	9	2-3 MIN					MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN
	HAMMER "CHEAT" CURL	1	4	8-10	N/A	9	1-2 MIN					YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY
	INCLINE DUMBBELL CURL	0	2	20-30	N/A	9	1-2 MIN					KEEP YOUR ELBOWS LOCKED IN PLACE TO MAINTAIN A STRETCH ON THE BICEPS
	INCLINE DUMBBELL SHRUG	1	3	15-20	N/A	9	1-2 MIN					BRACE CHEST AGAINST INCLINE BENCH AND SHRUG. USE STRAPS TO HOLD HEAVIER DBS

MANDATORY REST DAY





**WEEK 3**

# **POWERBUILDING**

## **2.0**

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	4	80-85%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	2	87.5-90%	8.5	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	4	80-85%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	3	5	80%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	6	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

MANDATORY REST DAY

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	8	72.5-77.5%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	5	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	90-95%	8	3-4 MIN					WORKING TOP SET, GET COMFORTABLE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	5	82.5%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	12	65%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!

FULL BODY 4	4" BLOCK PULL	4	2	5	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

FULL BODY 5 (PUMP DAY)	A1: HAMMER CURL	1	4	8-10	N/A	9	0 MIN					USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC
	A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION	1	4	10-12	N/A	9	1-2MIN					CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE
	B1: CABLE CURL	0	3	20	N/A	8	0 MIN					TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP
	B2: CABLE TRICEPS KICKBACK	0	3	20	N/A	8	1-2MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	ENHANCED-ECCENTRIC CALF RAISE	1	3	8 EACH	N/A	8	1-2MIN					DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE
	C1: PLATE SHRUG	0	3	15-20	N/A	8	0 MIN					BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS!
	C2: NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

**WEEK 4**

# **POWERBUILDING**

## **2.0**



WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 2	RESET DEADLIFT	4	3	4	80-85%	8	3-5 MIN					STAND UP BETWEEN EACH REP TO WORK ON TECHNIQUE
	HACK SQUAT	2	3	12	N/A	8	3-4 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	SINGLE-LEG HIP THRUST	2	2 EACH	10-12	N/A	9	2-3 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP
	A1: GLUTE-HAM RAISE [OR NORDIC HAM CURL]	0	3	6-8	N/A	9	0 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	A2: PRISONER BACK EXTENSION	0	3	15-20	N/A	9	1-2 MIN					PLACE YOUR HANDS BEHIND YOUR HEAD AND SQUEEZE YOUR GLUTES TO STRAIGHEN YOUR HIPS
	UNILATERAL STANDING CALF RAISE	1	3	8-10	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	15-25 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

PUSH 2	BARBELL OVERHEAD PRESS	3	3	4	77.5-82.5%	8	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	CLOSE-GRIP BENCH PRESS	2	3	11	N/A	8	2-3 MIN					TUCK YOUR ELBOWS AGAINST YOUR SIDES MORE THAN YOU WOULD ON STANDARD GRIP BENCH PRESS
	PEC FLYE	1	3	12/20	N/A	9	2-3 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. DROPSET ON LAST SET ONLY
	ROPE OVERHEAD TRICEPS EXTENSION	1	3	10(+3+3+3)	N/A	9	1-2 MIN					ON THE LAST SET ONLY: DO 10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS.
	DUMBBELL LATERAL RAISE 21S	0	3	7/7/7	N/A	9	1-2 MIN					FIRST 7 REPS: TOP HALF OF ROM, MIDDLE 7 REPS: FULL ROM, LAST 7 REPS: BOTTOM HALF OF ROM
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	10/10	N/A	8	1-2 MIN					10 REPS FLEXION (FRONT OF NECK), 10 REPS EXTENSION (BACK OF NECK)

PULL 2	OMNI-GRIP LAT PULLDOWN	2	3	10-12	N/A	8	2-3 MIN					1 SET WIDE GRIP (OVERHAND), 1 SET MIDDLE GRIP (OVERHAND), 1 SET CLOSE GRIP (UNDERHAND)
	CHEST-SUPPORTED ROW	2	3	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					MIND MUSCLE CONNECTION WITH REAR DELTS ON SETS 1 AND 2 (SWEEP THE WEIGHT OUT). MIND MUSCLE CONNECTION WITH MID-TRAPS ON SETS 3 AND 4 (SQUEEZE SHOULDER BLADES HARD).
	A1: EZ BAR PRONATED CURL	0	3	10-12	N/A	9	0 MIN					PALMS FACE DOWN. SQUEEZE THE BAR WITH YOUR FINGERS AS HARD AS POSSIBLE
	A2: EZ BAR SUPINATED CURL	0	3	10+	N/A	10	1-2 MIN					PALMS FACE UP. KEEP THE BAR VERY LIGHT IN YOUR HANDS, ONLY CONTRACT YOUR BICEPS
	B1: REVERSE PEC DECK (PROTRACTED SCAPULAE)	0	2	12-15	N/A	9	0 MIN					ROUND SHOULDER BLADES FORWARD, SWING THE WEIGHT "OUT". MIND MUSCLE CONNECTION WITH REAR DELTS
	B2: REVERSE PEC DECK (ACTIVELY GO THROUGH A PROTRACTION/ RETRACTION ROM)	0	2	12-15	N/A	10	1-2 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AS YOU PULL THE WEIGHT "OUT AND BACK". MIND MUSCLE CONNECTION WITH MID-TRAPS

**WEEK 5**

# **POWERBUILDING**

## **2.0**

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	5	80-85%	8	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	5	80-85%	8.5	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	2	80-85%	7	2-3 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

FULL BODY 2	DEADLIFT	4	2	5	82.5%	7	3-5 MIN					TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS
	BARBELL OVERHEAD PRESS	3	4	7	75%	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	BULGARIAN SPLIT SQUAT	1	2 EACH	8-10	N/A	9	2-3 MIN					START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP
	MEADOWS ROW	1	4	12-15	N/A	8	2-3 MIN					BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM
	BARBELL OR EZ BAR CURL	1	3	8-10	N/A	8	1-2 MIN					USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE
	PEC FLYE	1	2	12-15	N/A	8	1-2 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM

MANDATORY REST DAY



WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	BACK SQUAT	4	1	10	72.5-77.5%	7	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	PIN SQUAT	0	2	6	70%	8	3-4 MIN					SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO
	BARBELL BENCH PRESS	4	1	1	92.5-97.5%	8.5	3-4 MIN					WORKING TOP SET, GET COMFORTABLE WITH HEAVIER LOADS
	BARBELL BENCH PRESS	0	1	6	80%	8	3-4 MIN					FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST
	BARBELL BENCH PRESS	0	1	12	70%	8	3-4 MIN					TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"
	CHIN-UP	1	3	"AMRAP"	N/A	8	3-4 MIN					AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8
	SINGLE-LEG HIP THRUST	0	2	10-12 EACH	N/A	8	1-2 MIN					KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT
	CABLE REVERSE FLYE	0	4	12-15	N/A	8	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!

FULL BODY 4	2" BLOCK PULL	4	2	4	90%	9	4-6 MIN					GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.
	PAUSE DB INCLINE PRESS	3	4	6-8	N/A	8	3-4 MIN					3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN
	LEG CURL (CHOICE)	1	3	12-15	N/A	8	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	CHEST-SUPPORTED ROW	1	4	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	8	1-2 MIN					FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM
	EGYPTIAN LATERAL RAISE	1	4	8-10	N/A	8	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.

FULL BODY 5 (PUMP DAY)	A1: HAMMER CURL	1	4	8-10	N/A	9	0 MIN					USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC
	A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION	1	4	10-12	N/A	9	1-2MIN					CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE
	B1: CABLE CURL	0	3	20	N/A	8	0 MIN					TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP
	B2: CABLE TRICEPS KICKBACK	0	3	20	N/A	8	1-2MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	ENHANCED-ECCENTRIC CALF RAISE	1	3	8 EACH	N/A	8	1-2MIN					DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE
	C1: PLATE SHRUG	0	3	15-20	N/A	8	0 MIN					BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS!
	C2: NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

**WEEK 6**

# **POWERBUILDING**

## **2.0**



WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 2	RESET DEADLIFT	4	3	5	80-85%	8	3-5 MIN					STAND UP BETWEEN EACH REP TO WORK ON TECHNIQUE
	HACK SQUAT	2	3	12	N/A	8	3-4 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	SINGLE-LEG HIP THRUST	2	2 EACH	10-12	N/A	9	2-3 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP
	A1: GLUTE-HAM RAISE [OR NORDIC HAM CURL]	0	3	6-8	N/A	9	0 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	A2: PRISONER BACK EXTENSION	0	3	15-20	N/A	9	1-2 MIN					PLACE YOUR HANDS BEHIND YOUR HEAD AND SQUEEZE YOUR GLUTES TO STRAIGHEN YOUR HIPS
	UNILATERAL STANDING CALF RAISE	1	3	8-10	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

PUSH 2	BARBELL OVERHEAD PRESS	3	4	4	77.5-82.5%	8	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	CLOSE-GRIP BENCH PRESS	2	3	12	N/A	8	2-3 MIN					TUCK YOUR ELBOWS AGAINST YOUR SIDES MORE THAN YOU WOULD ON STANDARD GRIP BENCH PRESS
	PEC FLYE	1	3	12/20	N/A	9	2-3 MIN					PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. DROPSET ON LAST SET ONLY
	ROPE OVERHEAD TRICEPS EXTENSION	1	3	10(+3+3+3)	N/A	9	1-2 MIN					ON THE LAST SET ONLY: DO 10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS. REST 2-3 SECONDS. DO ANOTHER 3 REPS.
	DUMBBELL LATERAL RAISE 21S	0	3	7/7/7	N/A	9	1-2 MIN					FIRST 7 REPS: TOP HALF OF ROM, MIDDLE 7 REPS: FULL ROM, LAST 7 REPS: BOTTOM HALF OF ROM
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	10/10	N/A	8	1-2 MIN					10 REPS FLEXION (FRONT OF NECK), 10 REPS EXTENSION (BACK OF NECK)

PULL 2	OMNI-GRIP LAT PULLDOWN	2	3	10-12	N/A	8	2-3 MIN					1 SET WIDE GRIP (OVERHAND), 1 SET MIDDLE GRIP (OVERHAND), 1 SET CLOSE GRIP (UNDERHAND)
	CHEST-SUPPORTED ROW	2	3	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					MIND MUSCLE CONNECTION WITH REAR DELTS ON SETS 1 AND 2 (SWEEP THE WEIGHT OUT). MIND MUSCLE CONNECTION WITH MID-TRAPS ON SETS 3 AND 4 (SQUEEZE SHOULDER BLADES HARD).
	A1: EZ BAR PRONATED CURL	0	3	10-12	N/A	9	0 MIN					PALMS FACE DOWN. SQUEEZE THE BAR WITH YOUR FINGERS AS HARD AS POSSIBLE
	A2: EZ BAR SUPINATED CURL	0	3	10+	N/A	10	1-2 MIN					PALMS FACE UP. KEEP THE BAR VERY LIGHT IN YOUR HANDS, ONLY CONTRACT YOUR BICEPS
	B1: REVERSE PEC DECK (PROTRACTED SCAPULAE)	0	2	12-15	N/A	9	0 MIN					ROUND SHOULDER BLADES FORWARD, SWING THE WEIGHT "OUT". MIND MUSCLE CONNECTION WITH REAR DELTS
	B2: REVERSE PEC DECK (ACTIVELY GO THROUGH A PROTRACTION/ RETRACTION ROM)	0	2	12-15	N/A	10	1-2 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AS YOU PULL THE WEIGHT "OUT AND BACK". MIND MUSCLE CONNECTION WITH MID-TRAPS

**WEEK 7**

# **POWERBUILDING**

## **2.0**



WEEK 7	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	3	8	N/A	7	3-4 MIN					TRY ADDING WEIGHT TO THE LOAD YOU USED IN WEEK 5
	PAUSE BARBELL BENCH PRESS	3	3	2	87.5%	8	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY

FULL BODY 4	1" BLOCK PULL	4	2	4	90%	9	4-6 MIN					THESE WILL FEEL HEAVY. ONLY DO 1 SET IF YOU'RE FEELING VERY FATIGUED FROM IT
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 21S	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

FULL BODY 5 (PUMP DAY)	A1: ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL	1	4	8-10	N/A	9	0 MIN					CURL THE WEIGHT OUT IN FRONT OF YOU. USE A SLOW 3 SECOND LOWERING PHASE
	A2: ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	9	1-2 MIN					DO BOTH ARMS AT ONCE, RESIST THE NEGATIVE
	B1: CONCENTRATION CURL	1	4	12-15	N/A	9	0 MIN					KEEP YOUR FOREARM AS LOOSE AS POSSIBLE, FOCUS ON CONTRACTING YOUR BICEPS
	B2: DB LATERAL RAISE SWING	1	4	12-15	N/A	9	1-2 MIN					USE HEAVIER DUMBBELLS THAN NORMAL AND SWING THEM OUT WITH A PARTIAL ROM: <a href="https://youtu.be/D4YWXJJVLJA?t=1167">HTTPS://YOUTU.BE/D4YWXJJVLJA?T=1167</a>
	C1: STANDING CALF RAISE	0	3	12-15	N/A	8	0 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	C2: L-SIT HOLD	0	3	10-20 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

**WEEK 8**

# **POWERBUILDING**

## **2.0**



SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND PREPARE FOR THE NEXT 4 WEEKS!												
WEEK 8	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 1	PIN SQUAT	3	2	4	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL. USE YOUR STANDARD SQUAT 1RM.
	BARBELL RDL	2	2	8	N/A	6	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	2	10-12	N/A	8	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	2	6-8	N/A	8	2-3MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	9	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: <a href="https://youtu.be/C6SYJDFtUQ9?t=357">HTTPS://YOUTU.BE/C6SYJDFtUQ9?t=357</a>
PUSH 1	LARSEN PRESS	3	3	10	N/A	7	3-4 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.
	MACHINE SHOULDER PRESS	2	3	12-15	N/A	8	2-3 MIN					DO SEATED DB ARNOLD PRESS IF NO MACHINE. PUSH THESE JUST SHY OF FAILURE, PRESS HARD
	CLOSE-GRIP INCLINE BARBELL BENCH PRESS	1	2	10-12	N/A	8	2-3 MIN					JUST OUTSIDE SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN SLIGHTLY MORE THAN USUAL
	TRICEPS PRESSDOWN	1	3	12-15	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	LATERAL RAISE (CHOICE)	0	3	15-20	N/A	9	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)
PULL 1	CHEST-SUPPORTED ROW	1	3	10-12	N/A	8	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SINGLE-ARM PULLDOWN	2	3	8-10 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE, DRIVE ELBOWS DOWN AND ENGAGE LATS
	HELMS ROW	1	2	15-20	N/A	8	2-3 MIN					BE ULTRA STRICT WITH FORM, DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	BAYESIAN CURL	1	3	12-15	N/A	8	1-2 MIN					KEEP YOUR ARM BEHIND YOUR BODY THROUGHOUT THE SET
	INVERSE ZOTTMAN CURL	0	2	12-15	N/A	8	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	BAND PULL-APART	1	2	25-30	N/A	8	1-2 MIN					OR REVERSE PEC DECK. SWEEP THE WEIGHT OUT, MIND MUSCLE CONNECTION WITH REAR DELTS



**WEEK 9**

# **POWERBUILDING**

## **2.0**

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	4	2	85-90%	8	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	BARBELL BENCH PRESS	4	3	6	77.5%	8	1-2 MIN					SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP
	WIDE-GRIP LAT PULLDOWN	1	4	6-8	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN"
	SLIDING LEG CURL	1	2	10-12	N/A	7	1-2 MIN					KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS"
	WALL SLIDE	0	3	15-20	N/A	7	1-2 MIN					DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP!
FULL BODY 2	OPPOSITE STANCE DEADLIFT	4	2	2	75%	3	3-5 MIN					IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX. HEAVY DEADLIFTS IN A COUPLE DAYS, SO GO LIGHTER ON THE WEIGHT
	BARBELL OVERHEAD PRESS	3	3	8	N/A	8	2-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	LEG PRESS	1	2	10-12	N/A	7	2-3 MIN					IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT
	SEATED CABLE ROW	1	3	10-12	N/A	9	2-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK
	HAMMER CURL	1	3	15-20	N/A	9	1-2 MIN					GO HEAVY, USE A TINY BIT OF MOMENTUM
	BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK)	1	2	20-30 SEC	N/A	8	1-2 MIN					DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL

MANDATORY REST DAY

WEEK 9	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	2	8	N/A	6	3-4 MIN					STAY LIGHT, KEEP YOUR TORSO UPRIGHT
	PAUSE BARBELL BENCH PRESS	3	3	2	90%	9	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY

FULL BODY 4	DEADLIFT	4	1	AMRAP	90%	9	4-6 MIN					AIM FOR A PR FOR 3-6 REPS
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 21S	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

FULL BODY 5 (PUMP DAY)	A1: ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL	1	4	8-10	N/A	9	0 MIN					CURL THE WEIGHT OUT IN FRONT OF YOU. USE A SLOW 3 SECOND LOWERING PHASE
	A2: ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	9	1-2MIN					DO BOTH ARMS AT ONCE, RESIST THE NEGATIVE
	B1: CONCENTRATION CURL	1	4	12-15	N/A	9	0 MIN					KEEP YOUR FOREARM AS LOOSE AS POSSIBLE, FOCUS ON CONTRACTING YOUR BICEPS
	B2: DB LATERAL RAISE SWING	1	4	12-15	N/A	9	1-2MIN					USE HEAVIER DUMBBELLS THAN NORMAL AND SWING THEM OUT WITH A PARTIAL ROM: <a href="https://youtu.be/D4YWXJJVLJA?t=1167">HTTPS://YOUTU.BE/D4YWXJJVLJA?T=1167</a>
	C1: STANDING CALF RAISE	0	3	12-15	N/A	8	0 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	C2: L-SIT HOLD	0	3	10-20 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

**WEEK 10**

# **POWERBUILDING**

## **2.0**

WEEK 10	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 1	PIN SQUAT	3	2	5	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL
	BARBELL RDL	2	3	10	N/A	9	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	3	10-12	N/A	9	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	3	6-8	N/A	9	2-3MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	10	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: <a href="https://youtu.be/c6syJdFUQ9I?t=357">HTTPS://YOUTU.BE/C6SYJDFUQ9I?T=357</a>
PUSH 1	LARSEN PRESS	3	4	10	N/A	7	3-4 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.
	MACHINE SHOULDER PRESS	2	3	12-15	N/A	9	2-3 MIN					DO SEATED DB ARNOLD PRESS IF NO MACHINE. PUSH THESE JUST SHY OF FAILURE, PRESS HARD
	CLOSE-GRIP INCLINE BARBELL BENCH PRESS	1	3	10-12	N/A	8	2-3 MIN					JUST OUTSIDE SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN SLIGHTLY MORE THAN USUAL
	TRICEPS PRESSDOWN	1	4	12-15	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	LATERAL RAISE (CHOICE)	0	4	15-20	N/A	10	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)
PULL 1	CHEST-SUPPORTED ROW	1	4	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SINGLE-ARM PULLDOWN	2	4	8-10 EACH	N/A	9	1-2 MIN					START WITH YOUR WEAKER SIDE
	HELMS ROW	1	3	15-20	N/A	9	2-3 MIN					BE ULTRA STRICT WITH FORM, DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	BAYESIAN CURL	1	3	12-15	N/A	9	1-2 MIN					KEEP YOUR ARM BEHIND YOUR BODY THROUGHOUT THE SET
	INVERSE ZOTTMAN CURL	0	2	12-15	N/A	9	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	BAND PULL-APART	1	2	25-30	N/A	9	1-2 MIN					OR REVERSE PEC DECK. SWEEP THE WEIGHT OUT, MIND MUSCLE CONNECTION WITH REAR DELTS

WEEK 10	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 2	DEADLIFT	3	2	6	75-80%	7	3-4 MIN					USE THIS AS A TIME TO PERFECT YOUR FORM
	HACK SQUAT	2	3	12	N/A	8	2-3 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	CABLE PULL-THROUGH	1	3	12-15	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND
	LEG EXTENSION	0	2	15/10	N/A	10	1-2 MIN					DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.
	UNILATERAL LEG CURL (CHOICE)	0	3	10-12 EACH	N/A	8	1-2 MIN					CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS
	STANDING CALF RAISE	0	3	10-12	N/A	8	1-2 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	7	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

PUSH 2	BARBELL OVERHEAD PRESS	3	4	5	N/A	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	DEFICIT PUSH-UP	2	2	AMRAP	N/A	9	2-3 MIN					4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK.
	MULTI-HEIGHT CABLE CROSSOVER	1	3	12-15	N/A	9	1-2 MIN					DO ONE SET WITH LOW CABLE POSITION, ONE SET WITH MEDIUM-HEIGHT CABLE POSITION, ONE SET AT HIGH CABLE POSITION
	EGYPTIAN LATERAL RAISE	1	3	12-15	N/A	9	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.
	CABLE TRICEPS KICKBACK	0	3	20-25	N/A	8	1-2 MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	DUMBBELL LATERAL RAISE ISO-HOLD	0	2	45 SEC	N/A	8	1-2 MIN					HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED

PULL 2	WEIGHTED ECCENTRIC-OVERLOAD PULL-UP	2	1	5	N/A	9	N/A					JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.
	ECCENTRIC-ACCENTUATED PULL-UP	0	2	6-8	N/A	9	2-3 MIN					3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED
	PENDLAY ROW / BENT OVER ROW	0	3	5/10	N/A	9	1-2 MIN					FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH)
	MACHINE "STRICT FORM" ROW	1	3	12-15	N/A	8	1-2 MIN					DRIVE ELBOWS DOWN AND ENGAGE LATS. TRY TO KEEP YOUR BICEPS OUT BY KEEPING YOUR ELBOW MORE STRAIGHT THAN USUAL.
	CABLE REVERSE FLYE	0	3	15-20	N/A	9	1-2 MIN					PULL YOUR ELBOWS OUT AND BACK. MIND MUSCLE CONNECTION WITH REAR DELTS
	BARBELL OR EZ BAR CURL	2	3	10-12	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM
	PINCH GRIP CURL	0	2	15-20	N/A	8	1-2 MIN					PINCH THE END CAP OF A DUMBBELL WITH YOUR HAND OPEN, THEN CURL THE WEIGHT UP

MANDATORY REST DAY



**WEEK 11**

# **POWERBUILDING**

## **2.0**



WEEK 11	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3	FRONT SQUAT	3	2	8	N/A	6	3-4 MIN					STAY LIGHT, KEEP YOUR TORSO UPRIGHT
	PAUSE BARBELL BENCH PRESS	3	3	1	92.5%	9	3-4 MIN					GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 1-2 SECOND PAUSE
	WEIGHTED NEUTRAL-GRIP PULL-UP	3	4	4-6	N/A	8	2-3 MIN					PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	LEG CURL (CHOICE)	1	3	12-15	N/A	9	2-3 MIN					USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION
	PRONE TRAP RAISE	1	3	12-15	N/A	8	1-2 MIN					THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS
	HANGING LEG RAISE	1	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY

FULL BODY 4	DEADLIFT	4	3	3	85%	8	4-6 MIN					PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP
	DIP	3	3	8-10	N/A	7	3-4 MIN					ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.
	ONE-ARM ROW	1	3	10-12 EACH	N/A	8	2-3 MIN					CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.
	TRICEPS PRESSDOWN 21S	1	3	7/7/7	N/A	8	1-2 MIN					FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM
	DB LATERAL RAISE	1	3	15-20	N/A	8	1-2 MIN					FOCUS ON CONTRACTING YOUR DELTS

FULL BODY 5 (PUMP DAY)	A1: ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL	1	4	8-10	N/A	9	0 MIN					CURL THE WEIGHT OUT IN FRONT OF YOU. USE A SLOW 3 SECOND LOWERING PHASE
	A2: ROPE OVERHEAD TRICEPS EXTENSION	1	4	12-15	N/A	9	1-2 MIN					DO BOTH ARMS AT ONCE, RESIST THE NEGATIVE
	B1: CONCENTRATION CURL	1	4	12-15	N/A	9	0 MIN					KEEP YOUR FOREARM AS LOOSE AS POSSIBLE, FOCUS ON CONTRACTING YOUR BICEPS
	B2: DB LATERAL RAISE SWING	1	4	12-15	N/A	9	1-2 MIN					USE HEAVIER DUMBBELLS THAN NORMAL AND SWING THEM OUT WITH A PARTIAL ROM: <a href="https://youtu.be/D4YWXJJVLJA?t=1167">HTTPS://YOUTU.BE/D4YWXJJVLJA?T=1167</a>
	C1: STANDING CALF RAISE	0	3	12-15	N/A	8	0 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	C2: L-SIT HOLD	0	3	10-20 SEC	N/A	8	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

MANDATORY REST DAY

**WEEK 12**

# **POWERBUILDING**

## **2.0**

WEEK 12	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 1	PIN SQUAT	3	2	6	72.5%	8	3-4 MIN					SET THE PINS TO JUST ABOVE PARALLEL
	BARBELL RDL	2	3	12	N/A	9	3-4 MIN					EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING
	A1: SISSY SQUAT	1	3	10-12	N/A	9	0 MIN					OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.
	A2: NORDIC HAM CURL	0	3	6-8	N/A	9	2-3 MIN					KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL
	UNILATERAL STANDING CALF RAISE	0	3	10-12 EACH	N/A	8	1-2 MIN					START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	HIP ABDUCTION	0	3	12-15	N/A	10	1-2 MIN					MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	A1: CABLE CRUNCH (ABS)	0	3	12-15	N/A	8	0 MIN					SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS
	A2: CABLE SHRUG-IN (TRAPS)	0	3	12-15	N/A	8	1-2 MIN					SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: <a href="https://youtu.be/c6syjdfuq9l?t=357">HTTPS://YOUTU.BE/C6SYJDFUQ9l?T=357</a>

PUSH 1	BARBELL BENCH PRESS (RPE 9.5 AMRAP)	3	1	AMRAP	85%	9-9.5	3-4 MIN					DO AS MANY REPS AS POSSIBLE TO AN RPE 9-9.5. DON'T ACTUALLY FAIL. USE A SPOTTER
	BARBELL BENCH PRESS (BACK OFF)	0	2	10	N/A	7	3-4 MIN					GO LIGHTER, FLARE YOUR ELBOWS SLIGHTLY MORE THAN NORMAL
	MACHINE SHOULDER PRESS	2	3	12-15	N/A	9	2-3 MIN					DO SEATED DB ARNOLD PRESS IF NO MACHINE. PUSH THESE JUST SHY OF FAILURE, PRESS HARD
	CLOSE-GRIP INCLINE BARBELL BENCH PRESS	1	3	10-12	N/A	8	2-3 MIN					JUST OUTSIDE SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN SLIGHTLY MORE THAN USUAL
	TRICEPS PRESSDOWN	1	4	12-15	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR TRICEPS
	LATERAL RAISE (CHOICE)	0	4	15-20	N/A	10	1-2 MIN					CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.
	NECK FLEXION/EXTENSION (OPTIONAL)	0	3	15/15	N/A	8	1-2 MIN					15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)

PULL 1	CHEST-SUPPORTED ROW	1	4	10-12	N/A	9	2-3 MIN					CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP
	SINGLE-ARM PULLDOWN	2	4	8-10 EACH	N/A	9	1-2 MIN					START WITH YOUR WEAKER SIDE
	HELMS ROW	1	3	15-20	N/A	9	2-3 MIN					BE ULTRA STRICT WITH FORM, DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	BAYESIAN CURL	1	3	12-15	N/A	9	1-2 MIN					KEEP YOUR ARM BEHIND YOUR BODY THROUGHOUT THE SET
	INVERSE ZOTTMAN CURL	0	2	12-15	N/A	9	1-2 MIN					HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC
	BAND PULL-APART	1	2	25-30	N/A	9	1-2 MIN					OR REVERSE PEC DECK. SWEEP THE WEIGHT OUT, MIND MUSCLE CONNECTION WITH REAR DELTS

WEEK 12	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LEGS 2	DEADLIFT	3	2	6	75-82.5%	7	3-4 MIN					PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP
	HACK SQUAT	2	3	12	N/A	8	2-3 MIN					ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS
	CABLE PULL-THROUGH	1	3	12-15	N/A	8	1-2 MIN					CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND
	LEG EXTENSION	0	2	15/10	N/A	10	1-2 MIN					DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.
	UNILATERAL LEG CURL (CHOICE)	0	3	10-12 EACH	N/A	8	1-2 MIN					CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS
	STANDING CALF RAISE	0	3	10-12	N/A	8	1-2 MIN					THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET
	L-SIT HOLD	0	3	20-30 SEC	N/A	7	1-2 MIN					HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK.

PUSH 2	BARBELL OVERHEAD PRESS	3	4	6	N/A	8	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	DEFICIT PUSH-UP	2	2	AMRAP	N/A	9	2-3 MIN					4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK.
	MULTI-HEIGHT CABLE CROSSOVER	1	3	12-15	N/A	9	1-2 MIN					DO ONE SET WITH LOW CABLE POSITION, ONE SET WITH MEDIUM-HEIGHT CABLE POSITION, ONE SET AT HIGH CABLE POSITION
	EGYPTIAN LATERAL RAISE	1	3	12-15	N/A	9	1-2 MIN					LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.
	CABLE TRICEPS KICKBACK	0	3	20-25	N/A	8	1-2 MIN					LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)
	DUMBBELL LATERAL RAISE ISO-HOLD	0	2	45 SEC	N/A	8	1-2 MIN					HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED

PULL 2	WEIGHTED ECCENTRIC-OVERLOAD PULL-UP	2	1	5	N/A	9	N/A					JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.
	ECCENTRIC-ACCENTUATED PULL-UP	0	2	6-8	N/A	9	2-3 MIN					3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED
	PENDLAY ROW / BENT OVER ROW	0	3	5/10	N/A	9	1-2 MIN					FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH)
	MACHINE "STRICT FORM" ROW	1	3	12-15	N/A	8	1-2 MIN					DRIVE ELBOWS DOWN AND ENGAGE LATS. TRY TO KEEP YOUR BICEPS OUT BY KEEPING YOUR ELBOW MORE STRAIGHT THAN USUAL.
	CABLE REVERSE FLYE	0	3	15-20	N/A	9	1-2 MIN					PULL YOUR ELBOWS OUT AND BACK. MIND MUSCLE CONNECTION WITH REAR DELTS
	BARBELL OR EZ BAR CURL	2	3	10-12	N/A	9	1-2 MIN					FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM
	PINCH GRIP CURL	0	2	15-20	N/A	8	1-2 MIN					PINCH THE END CAP OF A DUMBBELL WITH YOUR HAND OPEN, THEN CURL THE WEIGHT UP

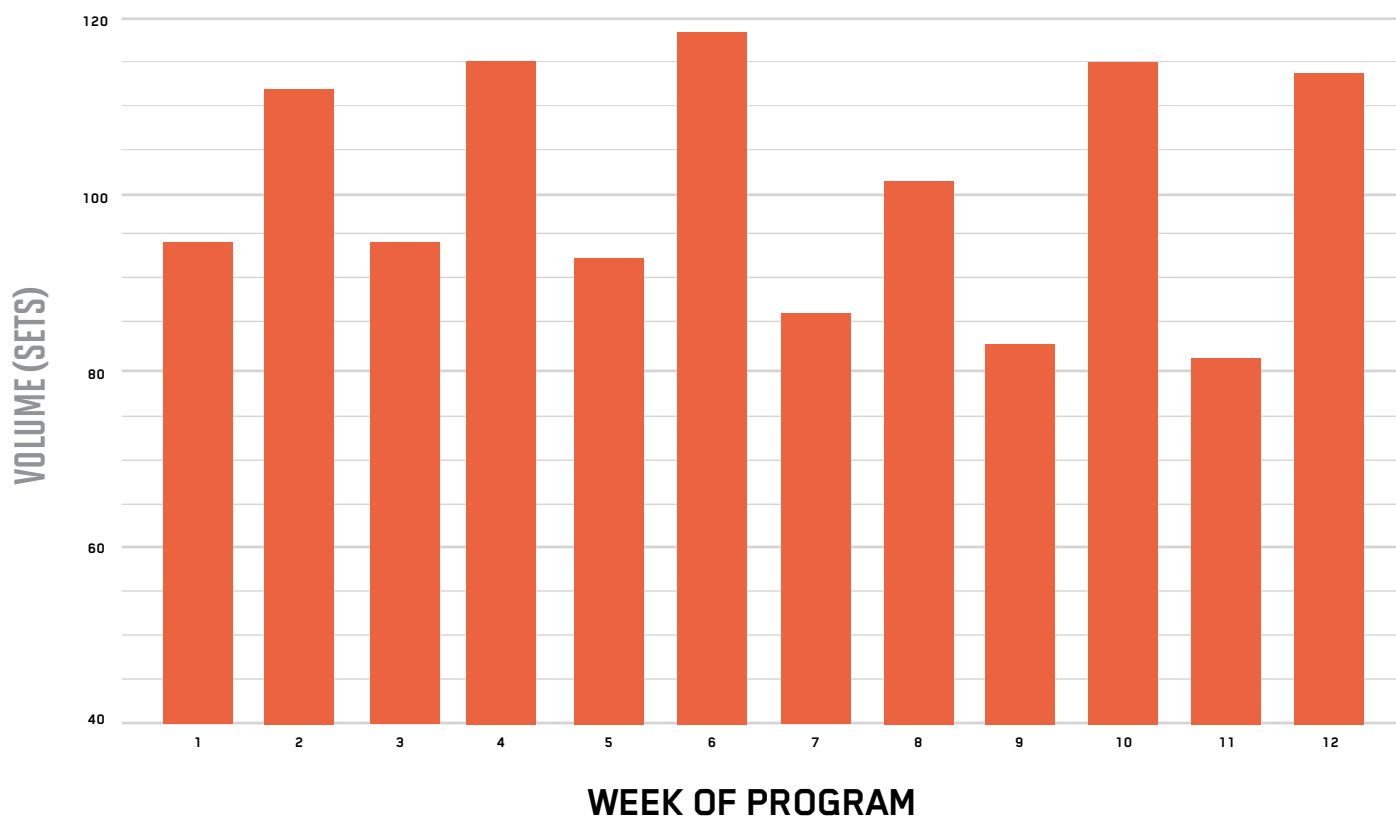
THERE IS NO FORMAL MAX TEST AT THE END OF THIS PROGRAM. POWERBUILDING PHASE 3 WILL BEGIN WITH AN INTRO/DELOAD WEEK AND WILL END WITH A FINAL MAX TEST FOR THE BIG 3 LIFTS.

MANDATORY REST DAY

Weekly Volumes (Sets)	1	2	3	4	5	6	7	8	9	10	11	12
Chest	12	11	12	12	12	13	9	9	9	12	9	11
Back	22	23	22	23	22	23	17	21	17	25	17	23
Biceps	13	12	13	12	13	12	11	10	11	10	11	10
Triceps	11	11	11	11	11	11	10	8	10	10	10	10
Delts	18	16	18	18	18	20	15	20	16	23	17	22
Upper Traps	8	6	8	6	7	6	8	5	6	5	9	5
Neck	3	3	3	3	3	3	3	3	3	3	3	3
Quads	14	13	14	14	13	15	14	10	11	12	13	12
Hamstrings	11	11	11	11	10	11	10	9	8	11	11	11
Glutes	19	22	19	23	18	24	14	14	11	16	13	16
Calves	3	6	3	6	3	6	3	6	3	6	3	6
Abs	0	9	0	9	0	9	6	6	6	6	6	6

Weekly Volumes (Sets)	1	2	3	4	5	6	7	8	9	10	11	12
Total	94	112	94	115	93	118	86	101	84	115	87	114

## TOTAL WEEKLY VOLUME OF PROGRAM



# EXERCISE DEFINITIONS

<b>CHEST</b>	Barbell Bench Press, Close-Grip Bench Press, Larsen Press, Pause Barbell Bench Press, Deficit Push-Up, Pec Flye, Pause DB Incline Press, Dip, Close-Grip Incline Barbell Bench Press, Multi-Height Cable Crossover
<b>BACK</b>	Weighted Pull-Up, Meadows Row, Seated Face Pull, Wide-Grip Lat Pulldown, Helms Row, Seated Cable Row, Chin-Up, Cable Reverse Flye, Weighted Neutral-Grip Pull-Up, Chest-Supported Row, One-Arm Row, Constant-Tension Kneeling Pullover, Machine Chest-Supported Row, Single-Arm Pulldown, Band Pull-Apart, Omni-Grip Lat Pulldown, Reverse Pec Deck, Weighted Eccentric-Overload Pull-Up, Eccentric Accentuated Pull-Up, Pendlay Row, Bent Over Row, Machine "Strict Form" Row, Prone Trap Raise
<b>BICEPS</b>	Barbell or EZ Bar Curl, Hammer Curl, Chin-Up, Eccentric-Accentuated Barbell or EZ-Bar Curl, Hammer "Cheat" Curl, Incline Dumbbell Curl, Bayesian Curl, Inverse Zottman Curl, EZ Bar Pronated Curl, EZ Bar Supinated Curl, Barbell Curl, Pinch Grip Curl
<b>TRICEPS</b>	Close-Grip Barbell Bench Press, Close-Grip Incline Barbell Bench Press, Rope Overhead Triceps Extension, Triceps Pressdown, Single-Arm Overhead Triceps Extension, Dip, Eccentric-Accentuated Barbell Skull Crusher, Constant-Tension Cable Triceps Kickback, Cable Triceps Kickback, Triceps Pressdown 21s
<b>DELTS</b>	Barbell Overhead Press, Barbell Bench Press, Close-Grip Bench Press, Larsen Press, Pause Barbell Bench Press, Pause DB Incline Press, Close-Grip Incline Barbell Bench Press, Egyptian Lateral Raise, DB Lateral Raise, Machine Shoulder Press, Lateral Raise (option), Dumbbell Lateral Raise 21s, Dumbbell Lateral Raise Iso-Hold
<b>UPPER TRAPS</b>	Deadlift, Opposite Stance Deadlift, Reset Deadlift, Block Pull, Prone Trap Raise, Plate Shrug, Incline Dumbbell Shrug, Cable Shrug-In
<b>NECK</b>	Neck Flexion/Extension
<b>QUADS</b>	Back Squat, Front Squat, Pin Squat, Hack Squat, Bulgarian Split Squat, Leg Press, Deadlift, Opposite Stance Deadlift, Reset Deadlift, Block Pull, Leg Extension, Unilateral Leg Press, Eccentric-Accentuated Leg Extension, Sissy Squat
<b>HAMSTRINGS</b>	Deadlift, Opposite Stance Deadlift, Reset Deadlift, Block Pull, Glute-Ham Raise, Sliding Leg Curl, Leg Curl (Option), Nordic Ham Curl, Unilateral Leg Curl (Option)
<b>GLUTES</b>	Back Squat, Front Squat, Pin Squat, Hack Squat, Bulgarian Split Squat, Leg Press, Glute-Ham Raise, Deadlift, Opposite Stance Deadlift, Reset Deadlift, Romanian Deadlift, Block Pull, Single-Leg Hip Thrust, Unilateral Leg Press, Cable Pull-Through, Prisoner Back Extension, Unilateral Hip Thrust, Hip Abduction
<b>CALVES</b>	Standing Calf Raise, Single-Leg Standing Calf Raise, Unilateral Standing Calf Raise, Enhanced-Eccentric Calf Raise
<b>ABS</b>	Hanging Leg Raise, Weighted Crunch, Long-Lever Plank, V Sit-Up, Cable Wood Chopper, L-Sit Hold, Cable Crunch





# PROGRAM EXPLAINED

In this section, I will outline how the program is set up in terms of the split, autoregulation, progression and periodization.

## THE SPLIT

This program alternates between full body weeks and legs/push/pull weeks. We can think about the program as being separated into Odd Weeks and Even Weeks.

Odd Weeks (Week 1, 3, 5, 7, 9, and 11) are the more “powerlifting-focused” full body weeks:

- Generally heavier loads
- Slightly less volume
- Includes one “Arm and Pump Day”, which I will sometimes call a “Roaming Hypertrophy Day” (Day 5) where volume for body parts that were “neglected” throughout the week are caught up on. You can do this day at any time during the week as it should not impact recovery significantly.

Throughout the program, top sets have been implemented and are highlighted in orange in the program sheets. This is intended to maintain familiarity with what high exertion feels like and to keep confidence high throughout the program. These are not meant to be all out, max effort sets, but should still feel challenging. For example, in Week 1 you will do one heavy set of two reps on the back squat. In Week 3, you will do one heavy set of four on the back squat and in Week 5 you do one heavy set of six on the back squat. While there are no formal top sets for the deadlift, a block pull at 90% 1RM occurs on Odd weeks, with the height of the blocks gradually decreasing until Week 9, when an AMRAP is performed with no blocks (i.e. a standard deadlift from the floor). This progression serves a similar purpose of building confidence with heavier loads and a novel way of applying progressive overload via gradual increases in ROM.

Even Weeks (Week 2, 4, 6, 8, and 10) are the more “bodybuilding-focused”

Legs/Push/Pull weeks:

- Generally lighter loads
- Generally higher reps
- More emphasis on variations and technique for primary exercises
- More emphasis on mind-muscle connection for secondary and tertiary exercises
- More advanced hypertrophy techniques like myo-reps, static holds and dropsets

## THE AUTOREGULATION

Autoregulation is when you make some choices about your training during your workout rather than having everything locked into place before your workout. If you're new to autoregulation, it may sound like a technical concept, but it's actually very simple. If you've ever done a few extra reps because you were feeling good or took an extra minute of rest to recover after a tough set, then you've already used autoregulation in your training. It essentially just means "adjusting on the fly."

Autoregulation doesn't mean you get to completely go by feel and suddenly have an excuse to totally sandbag your workouts on bad days. Instead, it can be seen as leveraging the fact that performance will differ from day to day.

When running a fixed program, on a day that you're feeling extremely strong

and performing extremely well, you might be confined to doing work that is well below your potential for that day. That's wasted potential. On an autoregulated program, however, if you're feeling particularly strong on one day, you have the freedom to go heavier than usual. And the same thing applies for days that you're not feeling as strong, you have the permission to use weights that match your abilities on that specific day.

This isn't just something I do because it seems intuitively appealing. Research consistently shows that an autoregulated approach results in better strength gains [16–18]. Remember, autoregulation does not mean just tossing in the towel when you're having a bad day. Instead, these studies use techniques, such as tracking bar velocity loss, to allow more informed and structured adjustments to be made. And while most of us don't have access to a bar velocity tracker, luckily there are several other methods that don't require any equipment and still offer better results than a fixed program [16, 17]. That brings us to the two main ways that autoregulation will be used in this program: RPE and Intensity Brackets.

## 1. RPE

RPE stands for Rating of Perceived Exertion and ranks how hard a set was on a scale of 1–10. This table, adapted from the MASS Research Review should help clarify what each RPE value means.

**TABLE 1: RESISTANCE TRAINING-SPECIFIC RIR-BASED RPE SCALE**

RPE SCORE	RIR/DESCRIPTION
10	Maximal Effort
9.5	No RIR, but could increase load
9	1 RIR
8.5	Defitnitely 1, maybe 2RIR
8	2 RIR
7.5	Defitnitely 2, maybe 3RIR
7	3 RIR
5-6	4-6 RIR
3-4	Light Effort
1-2	Light to no Effort

Adapted from Zourdos et al (2016)

RPE= Rating of Perceived Exertion, RIR= Repetitions in Reserve

Source: MASS Research Review, Volume 3, Issue 9

Whenever an RPE value is given in this program, you will select a weight that will put you at the appropriate RPE for the number of reps given.



WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	2	82.5-87.5%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT [OR BOX SQUAT]	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	4	80-85%	8.5	3-4MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	6	75-80%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE [OR NORDIC HAM CURL]	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

For example, let's say I was assigned to do three sets of 10 on a pendlay row to an RPE of eight. From previous training experience, I can guess that I could probably do about 185 pounds for 12 reps, as a max effort set with good

technique. So, after warming up, I would select 185 pounds to be my working weight for the first set, stopping at 10 reps (even though I could've done 12). However, if I reach 10 reps and think the actual RPE was less than eight (let's say the true RPE was six) I should adjust by increasing the weight for the next set. If I reach eight reps and think the RPE was more than eight (say, I actually hit failure or my form started to deteriorate significantly), I should adjust by decreasing the weight for the next set.

Using RPE, on days that you are performing well, you can push heavier than normal. On days that you are not feeling as strong, you can train lighter but still reach the appropriate effort threshold. Obviously, RPE is not intended to be used as an excuse to train light all the time, and it is still important to keep yourself accountable and progressing overall.

## 2. INTENSITY BRACKETS

For heavier sets and top sets, I use intensity brackets in the program to assign load. For example on Day 1 of Week 1, we kick the program off with a top set for two reps on the back squat, using 82.5–87.5% 1RM. So, for example, if your back squat one rep max is 405 pounds, you'd load something between 82.5 percent and 87.5 percent of 405 pounds. This would give you a loading range of approximately 335–355 pounds.



WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1	BACK SQUAT	4	1	2	82.5-87.5%	7	3-4 MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	FRONT SQUAT (OR BOX SQUAT)	0	3	8	N/A	7	3-4 MIN					IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT
	BARBELL BENCH PRESS	4	1	4	80-85%	8.5	3-4MIN					TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE
	BARBELL BENCH PRESS	0	2	6	75-80%	7	1-2 MIN					SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM
	WEIGHTED PULL-UP	1	3	4-6	N/A	8	1-2 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	GLUTE-HAM RAISE (OR NORDIC HAM CURL)	1	3	6-8	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	SEATED FACE PULL	0	4	15-20	N/A	9	1-2 MIN					DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION

On days you are not feeling as strong, you should aim for the bottom end of the range.

This is SO IMPORTANT that it bears repeating.

When using intensity brackets, DO NOT feel as though you always need to hit the top end of the bracket in order for that workout to be considered a success. Knowing when to push and when to pull back is an extremely important skillset to develop as a mature lifter. In fact, this is the entire point of using autoregulation in the first place – you have the freedom to go a bit heavier on days when you feel strong and to go a bit lighter on days when you do not feel strong.

In my coaching experience, trainees will often feel like a failure if they don't hit the top end of the bracket. This can be a dangerous trap. Pushing yourself to the top end of the limit on days that you're feeling weak can result in form breakdown, excessive fatigue accumulation and poor lifting psychology. I use the mid or low end of the intensity bracket in training any time the warmups feel heavy and my performance is low.

As a general rule, if you have some outside stressor in your personal life, didn't sleep well the night before, or even didn't time your pre-workout optimally due to legitimate time constraints, you have every reason to opt for the low end of the bracket. In fact, opting for the low end of the bracket on a day you are feeling weaker will actually induce a more effective training stimulus than if you were to push beyond your limits for that day, as that would present yet another high-stress demand for your body to overcome.

Of course, it's still a good idea to have an idea in your head of what weights you're planning to hit for each lift, but most of the time I won't know whether I'm going to use the low, mid or high end of the bracket until I get into my warmup sets. Also, you can't always go by how you're feeling going into the workout. Some days that I feel really good going into the workout, the warmup sets end up feeling really heavy, so I opt for the low end of the bracket. And other days I feel really bad going into the workout, but the warmup sets actually end up feeling really easy, so I opt for the high end of the bracket.

Remember, for autoregulation to be effective, you need to actually autoregulate. This means you need to pay attention to how you're feeling that day, notice how the warmups move and then make an educated decision about what weight you should load for your top set. And again, there is no shame in using a lighter load on days where your performance is clearly not at 100 percent. As long as you're honest with yourself, a day will come when you feel at 100 percent again very soon, and because you had the wherewithal



to hold back when appropriate, you will be recovered and ready for when the timing feels right for a push.

## THE PROGRESSION

### PRIMARY EXERCISES:

As mentioned previously, all primary exercises use either a fixed percentage of your one rep max (%1RM) or intensity brackets using a range of %1RM.

If you are given a fixed %1RM, you simply have to execute the sets and reps at that weight, and the progression will take care of itself.

If you are given a range of %1RM (intensity brackets), you should use the autoregulation method explained above to help you determine the weight you will use for that day.

### HOW TO DETERMINE YOUR ONE REP MAX

Of course, to use a %1RM approach, you must know (or at least have a rough idea of) what your one rep max is for that exercise. Because there is max testing at the end of Phase 1, you should have a good idea of your maxes if you recently completed Phase 1. However, not everyone will run Phase 2 immediately after Phase 1 and so, you may need to ballpark it using another

method.

Remember that the 1RMs you use should be your CURRENT 1RMs. Just because you hit a certain weight a year ago does not mean that is your current 1 rep max. Input 1RMs are not necessarily all-time PRs. They are the weights you could hit for a 1 rep max today.

If you don't know your one rep max currently for any of the lifts, there are three different ways you can estimate it. Remember, you don't need to know exactly what your true one rep max is to find the right loads, you just need to be in the right ballpark. Let's use the squat as an example to illustrate for anyone who can't already currently estimate their 1RM.

Always use a spotter's assistance and safety pins when testing 1 rep maxes!

**OPTION 1** - Do an AMRAP test as follows:

- Warm up by pyramiding up in weight using estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1.
- Do a set of as many reps as possible with 90-92.5 percent of your estimated 1RM using a spotter for safety
- Alternatively, you can pick a weight you think you can do about three to five reps with, and do as many reps as possible using a spotter for safety
- Plug the results of the AMRAP test in to this 1RM calculator to determine your

new working 1RM:

- <http://www.exrx.net/Calculators/OneRepMax.html>

OPTION 2 – Plug the results of any recent “tough set” taken close to failure in the six or lower rep range into this calculator, which will estimate your 1RM:

- <http://www.exrx.net/Calculators/OneRepMax.html>

**OPTION 3** – Do an actual 1 rep max test:

This approach is more suitable for experienced powerlifters accustomed to hitting heavy singles. For everyone else, this is generally not my preferred option because if you aren’t accustomed to maxing out with heavy loads, it can result in form breakdown and potentially carry a higher risk of injury. If you are going to use this approach, think of it more like an “RPE 9.5 max” rather than a true RPE 10 max that you risk failing. Remember, we’re only trying to get an estimate of what you could do to help determine the loads you should use. It isn’t important for us to know exactly where your strength ceiling actually is in order to apply a progressive stimulus in the program. If you decide to go this route, perform the max test as follows:

- Warm up by pyramiding up in weight using currently estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1, 95% x 1
- Pick a weight between 100 percent and 107.5 percent of your currently

estimated 1RM and complete it for one rep

- Stop once you feel like you're in the RPE 9-10 zone. You've found your estimated 1RM.

Note: Options 1 and 2 are preferred for those with primarily bodybuilding goals. Because powerlifters are generally more accustomed to doing heavy singles, Option 3 may be simpler for those with primarily powerlifting goals.

Note: If you do any AMRAP tests or max tests before beginning the program, do them on their own day for each lift and then rest at least two days before beginning Week 1, Day 1.

## SECONDARY/TERTIARY EXERCISES:

For secondary and tertiary exercises, there is typically a rep range given (for example, "10-12 reps" or "12-15 reps"). Ideally, you would progress by adding reps with the same weight until you reach the top end of the rep range. Once you reach the top end of the range, you would add some minimum amount of weight and start back at the bottom of the range again. On some exercises, it will be impossible to add reps and/or weight every week because it will be impossible to maintain good form by the end of the program. Therefore, the main goal of every secondary and tertiary exercise is simply to make an effort to do something better from week to week. This can be any of the following:

- Increasing either rep(s) or weight;

- Improving technique (such as by controlling the tempo better than last time);  
or
- Improving the mind-muscle connection (such as by “squeezing” the target muscle harder than last time)

## THE PERIODIZATION

A technical definition of periodization is “a method for employing sequential or phasic alterations in the workload, training focus, and training tasks contained within the microcycle, mesocycle, and annual training plan. The approach depends on the goals established for the specified training period. A periodized training plan that is properly designed provides a framework for appropriately sequencing training so that training tasks, content, and workloads are varied at a multitude of levels in a logical, phasic pattern in order to ensure the development of specific physiological and performance outcomes at predetermined time points.” [19].

Yeah, it’s a mouthful. For this reason, most evidence-based coaches prefer to think of periodization simply in terms of how a program is organized over time. In general, we can organize training into three main categories based on time frame: the macrocycle (usually a full calendar year or competition season), the mesocycle (usually a single training program) and the microcycle (usually one week of training).

## A. THE MACROCYCLE:

The macrocycle takes a big picture look at how a given training program fits into a yearly training plan. This program serves the purpose of gaining strength and building size simultaneously, with a slight emphasis on building size. For someone who personally places bodybuilding above powerlifting, this program can fit into the yearly training plan something like this:

QUARTER 1	QUARTER 1	QUARTER 1	QUARTER 1
<ul style="list-style-type: none"><li>• Approach: Powerbuilding</li><li>• Main goal: Equal focus on size and strength</li></ul> Ex. Powerbuilding Phase 1	<ul style="list-style-type: none"><li>• Approach: Bodybuilding</li><li>• Main goal: Gain size (put strength work at maintenance)</li></ul> Ex. Powerbuilding Phase 2	<ul style="list-style-type: none"><li>• Approach: Powerlifting</li><li>• Main goal: Gain strength (put hypertrophy work at maintenance)</li></ul> Ex. Powerbuilding Phase	<ul style="list-style-type: none"><li>• Approach: Bodybuilding</li><li>• Main goal: Gain size (put strength work at maintenance)</li></ul> Ex. Pure Bodybuilding Program

*A full calendar year of training can be split up into distinct phases, each with a specific primary goal. This is how powerbuilding and strength phases can be organized for a trainee mostly concerned with gaining muscle.*

For someone who places powerlifting above bodybuilding, this program can fit into the yearly training plan something like this:

QUARTER 1	QUARTER 1		QUARTER 1	QUARTER 1
<ul style="list-style-type: none"> <li>• Approach: Powerbuilding</li> <li>• Main goal: Equal focus on size and strength (slightly more size emphasis)</li> </ul> <p>Ex. Powerbuilding Phase 2</p>	<ul style="list-style-type: none"> <li>• Approach: Powerlifting (peaking)</li> <li>• Main goal: Develop max strength leading into competition</li> </ul> <p>Ex. Powerbuilding Phase 3</p>	Competition	<ul style="list-style-type: none"> <li>• Approach: Hypertrophy</li> <li>• Main goal: Gain muscle to help break strength plateaus</li> </ul> <p>Ex. Pure Bodybuilding Program</p>	<ul style="list-style-type: none"> <li>• Approach: Powerbuilding</li> <li>• Main goal: Equal focus on size and strength (slightly more strength emphasis)</li> </ul> <p>Ex. Powerbuilding Phase 1</p>

*How powerbuilding phases can fit into a yearly training plan for a powerlifter.*

Of course, these are just examples. There are virtually an infinite number of ways you could plan out your goals across a full year of training according to your own goals, weak points and preferences. The point here is that, from a periodization standpoint, a powerbuilding program fits nicely into a macrocycle for both someone primarily concerned with building size and for someone primarily concerned with gaining strength.

## B. THE MESOCYCLE:

The mesocycle typically refers to how training is organized over a period of a few months. Some coaches prefer to use shorter mesocycle lengths of three or four weeks, while others write programs over longer time frames in the one to

three month range. Since this program is 12 weeks in length, we can consider the entire program itself as one mesocycle.

The mesocycle is organized such that the training focus alternates from week to week. As explained previously, odd weeks are heavier and more strength focused, and even weeks are lighter and more hypertrophy focused.

Overall, the volume slightly decreases as load and intensity increase across the odd weeks. Here, to ensure adequate recovery, the goal is to gradually handle heavier weights as volume tapers slightly.

The even weeks utilize a more basic progressive overload approach, where volume remains roughly constant throughout the program, with the main goal being to overload week to week using the methods discussed in the Progression section.

Throughout the program there are principles borrowed from a variety of different periodization strategies including daily undulating periodization (different reps and loads are used for the same lift within the training week), weekly undulating periodization (rep counts progress non-linearly from week to week) and conjugate periodization (exercise variations are switched regularly).



## DELOAD (WEEK 8)

There is a semi-deload week in Week 8, where volume and RPEs are lowered slightly. Rather than think of this week as a complete deload, I prefer to think of it as a “technique week” where you check in on your form on the main lifts and focus on improving the mind-muscle connection on the accessories. It is important to strictly follow RPEs in Week 8 to promote recovery in preparation for the challenging remainder of the program.

## MAX TESTING

Besides an AMRAP for the deadlift at 90% of your 1RM in Week 9 and an AMRAP for the barbell bench press at 85% of your 1RM in Week 12, there is no max testing in this program. This is because Phase 2 of the Powerbuilding System is more focused on hypertrophy and work capacity than peaking for strength directly. Phase 3 will end with a full blown max testing week since it is a more strength-focused program.

## C. THE MICROCYCLE

The microcycle typically refers to a single week of training. In this program, there are two separate microcycles that alternate throughout the 12 week mesocycle. As mentioned before, odd weeks use a full body setup and focus

more on strength, while even weeks use a legs/push/pull setup and focus more on hypertrophy. Let's take a quick look at both:

### **ODD WEEKS (FULL BODY)**

In the odd weeks, the back squat and barbell bench press are usually hit twice per week with the heavier and harder sets coming earlier in the week and technique and volume work coming later in the week.

Deadlifts from the floor are hit once per week on the Odd weeks, however, a block pull is also included that starts at 6" off the floor, and gradually works down to a 0" block pull throughout the program. In the second half of the program, as the blocks are getting close to deadlifting from the floor, the first deadlift day is replaced by a lighter "opposite stance" deadlift variation, to avoid overwhelming that same movement pattern with heavy sets just a few days later.

Finally, at the end of the week is an "Arm & Pump Day," which is intended to fill in any gaps in bodypart volume throughout the week. Because this day will have a small impact on recovery, it can be done on any day you have free throughout the week, according to what best fits your schedule. If you have no preference, simply hit it the day after Day 4.

## **EVEN WEEKS (LEGS/PUSH/PULL)**

In the even weeks, the Big 3 are hit through the use of variations on the main movement pattern, along with one day of standard barbell bench press and back squats once per week. For example, on even weeks throughout the program, you will train the hack squat, pin squat, Romanian deadlift, reset deadlift, close-grip bench press, larsen press, and deficit push-ups. Despite all the variation, some version of the Big 3 is still being hit at least two times per week. Most of the even weeks' work is dedicated to proportional muscular development through the use of a variety of exercises and rep ranges.



# PROGRAM VARIABLES

## TECHNIQUE

From a strength perspective, I consider technique to be the most fundamental variable in this program and it's covered in detail in the Powerbuilding Technique Handbook included with this program. Make sure to give it a thorough read, as in terms of both size and strength, it will be critical for determining your success on this program. If there are any other exercises that you are not sure how to perform with proper technique, please see the [Exercise](#)

**Video Demonstrations** section. For now, let's move on to the other training variables.

## EFFORT/INTENSITY

*How hard should you push each set?*

As mentioned, this program uses both percentage-based and RPE-based methods for determining what weights you should use, which will ultimately determine your level of effort. How hard you should be pushing yourself mainly depends on the exercise you're performing.

- **PRIMARY EXERCISES:** Primary exercises will see a wide range of RPEs. On the strength-focused weeks (Odd Weeks), top sets are in a higher RPE zone of eight to nine. These sets SHOULD feel challenging and should regularly have you either hitting or approaching rep PRs. Later in the week, the percentages on primary lifts decrease, as emphasis shifts to practicing and refining technique while accumulating volume. In general, I recommend avoiding failure on primary exercises since it presents a large recovery demand without a significant additional stimulus for hypertrophy or strength. Research repeatedly tells us that it simply isn't necessary to train all the way to failure to make strength and size gains. In addition, it clearly can be counterproductive if it causes fatigue to consistently exceed your ability to recover [20–22].

- **SECONDARY/TERTIARY EXERCISES:** Most sets on secondary and tertiary exercises are in the eight to nine RPE zone in this program, meaning one or two reps are being “left in the tank.” However, when a secondary or tertiary exercise is the last exercise for a given body part that day, you can take the last set to failure with good technique. Also, it’s important to remember that an RPE 9 set is still a tough set. It means that, if you had a gun to your head, you could only barely squeeze out one more rep with good form. This is a far cry from simply “going through the motions” and just “getting a pump” in the gym. RPE 10 sets are also included in various exercises throughout the program to ensure that you are in fact adequately pushing yourself and comfortable with pushing to your limits when appropriate.

While I admire a strong work ethic, similar to volume, more effort is not always better. Properly applied effort is what we are always looking for. This means that we should reserve training to failure (or near failure) for when it fits within the context of the program as a whole.

## VOLUME

Volume loosely refers to the total amount of work you are doing. This is often approximated as sets x reps x load, but is often simply thought of as the total number of working sets. Total volume can be viewed as both volume per-session and volume per-week. Per-session volume requirements are actually quite low, with the research showing just one single set to be an adequate stimulus for hypertrophy [23]. However, multiple sets per muscle

group are thought to be required to maximize hypertrophy [24]. It is important to remember that not all volume is created equally, and more volume is not always the answer. A study comparing five sets of 10 reps versus 10 sets of 10 reps on the squat actually showed greater strength responses in the five sets group, despite using half the volume. Additionally, the 10 x 10 group lost muscle (on average) in their legs [25], so there appears to be a volume limit, past which more volume is not helpful for hypertrophy.

I have also provided the weekly volume analytics for each body part and in terms of total working sets. From these, you can adjust the figures slightly up or down based on your previous training experience. Granted, while these values provide some insight, they can be very misleading. For example, when it comes to both stimulus and fatigue, there is an enormous difference between a set of eight on squats and a set of eight on leg extensions. Yet, in the volume analytics, these would both count as one set for the quads. Similarly, for muscles like the triceps, I have decided to only count isolation work, close-grip bench press (flat and incline) and dips. As such, the numbers may appear artificially deflated, since we know the triceps will be hammered indirectly from all of the horizontal and vertical pressing in the program. Therefore, I encourage you to view the volume analytics merely as another tool in your toolbox, rather than as a determinative factor for the results you'll get from this program. Not all volume is created equally, and more isn't necessarily better.



## AN IMPORTANT DISCLAIMER ABOUT TRAINING VOLUME

If you're coming to this program from a background of super high volume training, hopefully this routine will help you find the balance you need for a long and prosperous training career. Try to keep in mind that volume is organized in this program in a structured manner and, throughout the program, our number one priority is quality of execution.

Just because someone may be running a higher volume training program than you, it does not imply that they will see better results. This is because there are so many factors other than volume that go into proper program design. It is therefore, careless and shortsighted to judge a program based merely on how many sets it has you doing. Granted, volume has been identified as one of the primary factors driving muscle growth, so it must still be considered a central tenet of program design [26–29]. Still, this shouldn't tempt us to fall for either of the two most common volume misconceptions:

1. The "Pedestal Myth": the false idea that volume matters more than everything else. The reality is that ALL program variables must fit together like a puzzle, and it would be inappropriate to put one variable on a pedestal.
2. The "Quantity-Over-Quality Myth": the false idea that more volume is always better. Like the rest of the training variables, volume must be properly



managed within the training week and complement the other, more foundational programming factors like proper exercise execution (technique), the prioritization of recovery and the management of effort.

I elaborate on basic volume concepts at the links below:

- Fundamentals Ep 2: <https://www.youtube.com/watch?v=7S0NjKYIJ7I>
- Volume Science Explained: <https://www.youtube.com/watch?v=qwv3JqOUqWs>
- Is (Too Much) Volume Killing Your Gains?: <https://www.youtube.com/watch?v=Mja2fDwYA5s>



# EXERCISE VIDEO DEMONSTRATIONS

Note: All exercises are listed in alphabetical order and are written exactly as they appear in the program. For example, "Pull Ups" are listed under "Weighted Pull-Up" and "Bench Press" is listed under "Barbell Bench Press". You can use the Command+F function to find the exercise you need if you are on a computer.

**BACK SQUAT:** <https://youtu.be/bEv6CCg2BC8?t=147>

**BAND PULL-APART:** [https://youtu.be/bN\\_IGBqZURw](https://youtu.be/bN_IGBqZURw)

**BARBELL BENCH PRESS:** <https://youtu.be/vcBig73ojpE?t=134>

**BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK):** <https://youtu.be/mpyGvcodAEs>

**BARBELL OR EZ BAR CURL:** <https://youtu.be/i1YgFZB6all?t=139>

**BARBELL OVERHEAD PRESS:** [https://youtu.be/\\_RIRDWO2jfg?t=121](https://youtu.be/_RIRDWO2jfg?t=121)

**BARBELL RDL:** [https://youtu.be/\\_oyxCn2iSjU?t=95](https://youtu.be/_oyxCn2iSjU?t=95)

**BAYESIAN CURL:** <https://youtu.be/eUYY19p4IRY?t=962>

**BLOCK PULL:** <https://youtu.be/qOH1ZqkW-hw>

**BOX SQUAT:** <https://www.youtube.com/watch?v=Bl-lkWLs-pY> (choose a stance that feels comfortable to you)

**BULGARIAN SPLIT SQUAT:** <https://youtu.be/htDXu61MPio>

**CABLE CRUNCH:** <https://youtu.be/2RrGnjxSsiA?t=124>

**CABLE CURL:** <https://youtu.be/rBFn11V32mM>

**CABLE PULL-THROUGH:** <https://www.youtube.com/watch?v=NV8oPOpLsQU>

**CABLE REVERSE FLYE:** <https://www.youtube.com/watch?v=uCV40OQMGpM>

**CABLE SHRUG-IN:** <https://youtu.be/C6sYjDFuq9I?t=354>

**CABLE TRICEPS KICKBACK:** <https://youtu.be/94DXwlcX8Po?t=327>

**CHEST-SUPPORTED ROW:**

**DUMBBELLS:** <https://youtu.be/bsx8PIGlual>

**MACHINE:** <https://youtu.be/qVek72z3F1U?t=956>

**T-BAR OPTION:** <https://youtu.be/160n9FBX84s>

**CHIN-UP:** <https://youtu.be/Hdc7Mw6BIEE?t=234>

**CLOSE-GRIP BENCH PRESS:** <https://www.youtube.com/watch?v=xGfUcV11x5g>

**CLOSE-GRIP INCLINE BARBELL BENCH PRESS:** <https://youtu.be/0P4Ep0SBW5Q>

**CONCENTRATION CURL:** [https://youtu.be/FbWfA\\_s0XL8?t=379](https://youtu.be/FbWfA_s0XL8?t=379)

**CONSTANT-TENSION CABLE KNEELING PULLOVER:** <https://youtu.be/Vf7wf6bZODQ>

(except with a consistent pace of 1 second up and 1 second down)

**CONSTANT-TENSION CABLE TRICEPS KICKBACK:** <https://youtu.be/94DXwlcX8Po?t=327>

(except with a consistent pace of 1 second up and 1 second down)

**DB LATERAL RAISE:** [https://youtu.be/v\\_ZkxWzYnMc?t=215](https://youtu.be/v_ZkxWzYnMc?t=215)

**DB LATERAL RAISE SWING:** <https://youtu.be/D4YWXJjVLJA?t=1167>

**DEADLIFT:**

**CONVENTIONAL:** <https://youtu.be/VL5Ab0T07e4?t=175>

**SUMO:** <https://youtu.be/XsrD5y8ElKU?t=176>

**DEFICIT PUSH-UP:** <https://youtu.be/gDoTTdAhsDg>

**DIP:** [https://youtu.be/yN6Q1UI\\_xkE?t=75](https://youtu.be/yN6Q1UI_xkE?t=75)

**DUMBBELL LATERAL RAISE 21S:** <https://youtu.be/qVek72z3F1U?t=848>

**DUMBBELL LATERAL RAISE ISO-HOLD:** <https://youtu.be/5TuiimwF-iY>

**ECCENTRIC-ACCENTUATED BARBELL SKULL CRUSHER:** <https://youtu.be/qVek72z3F1U?t=380>

**ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL:** <https://youtu.be/i1YgFZB6all?t=139> (except with a slower ~3 second negative)

**ECCENTRIC-ACCENTUATED LEG EXTENSION:** <https://youtu.be/qVek72z3F1U?t=178>

**ECCENTRIC-ACCENTUATED PULL-UP:** <https://youtu.be/Hdc7Mw6BIEE?t=99>

(except with a slower ~3 second negative)

**EGYPTIAN LATERAL RAISE:** <https://youtu.be/SJqInYJcg5k?t=653>

**ENHANCED-ECCENTRIC CALF RAISE:** <https://youtu.be/JGvIODOgY6E>

(concentric with both legs, then 3 second lowering phase on one leg only --  
alternate the eccentric leg from rep to rep)

**EZ BAR PRONATED CURL:** [https://youtu.be/MfMxT\\_jXcPE?t=75](https://youtu.be/MfMxT_jXcPE?t=75)

**EZ BAR SUPINATED CURL:** <https://youtu.be/i1YgFZB6all?t=139>

**FRONT SQUAT:** [https://youtu.be/v-mQm\\_droHg?t=135](https://youtu.be/v-mQm_droHg?t=135)

**GLUTE-HAM RAISE:** [https://youtu.be/psdbgvbdd\\_M](https://youtu.be/psdbgvbdd_M)

**HACK SQUAT:** <https://youtu.be/qVek72z3F1U?t=618>

**HAMMER CURL:** <https://youtu.be/Kd3tbUnbueU>

**HAMMER "CHEAT" CURL:** <https://youtu.be/qVek72z3F1U?t=536>

**HANGING LEG RAISE:** <https://youtu.be/2RrGnjxSsiA?t=247>

**HELMS ROW:** <https://youtu.be/axoeDmW0oAY?t=419>

**HIP ABDUCTION:**

**BANDED:** <https://youtu.be/u8xxroQrqjU>

**MACHINE:** <https://youtu.be/zfUWbpdjczg>

**WEIGHTED:** <https://youtu.be/tkDW0dXYfMY>

**INCLINE DUMBBELL CURL:** <https://youtu.be/3FAvFJ0Vtag>

**INCLINE DUMBBELL SHRUG:** [https://youtu.be/HsdwUZtGG\\_0](https://youtu.be/HsdwUZtGG_0)

**INVERSE ZOTTMAN CURL:** [https://youtu.be/oU0Lb2dD\\_js](https://youtu.be/oU0Lb2dD_js)

**L-SIT HOLD:** <https://youtu.be/qVek72z3F1U?t=711>

**LARSEN PRESS:** <https://youtu.be/RQjPWrMMDqQ>

## LATERAL RAISE (CHOICE):

**BAND:** <https://youtu.be/JLssC9qliZ4>

**CABLE:** <https://youtu.be/SJqInYJcg5k?t=653>

**DUMBBELLS:** [https://youtu.be/v\\_ZkxWzYnMc?t=215](https://youtu.be/v_ZkxWzYnMc?t=215)

## LEG CURL (CHOICE):

**LYING LEG CURL:** [https://www.youtube.com/watch?v=e\\_48W0vIU58](https://www.youtube.com/watch?v=e_48W0vIU58)

**SEATED LEG CURL:** <https://youtu.be/2CMmuH4qJh0>

**LEG EXTENSION:** <https://youtu.be/ljO4jkwv8wQ?t=202>

**LEG PRESS:** <https://youtu.be/didU4ZwAkPI?t=241>

**LONG-LEVER PLANK:** <https://youtu.be/1G0y8D5rFDc?t=227>

**MACHINE SHOULDER PRESS:** <https://www.youtube.com/watch?v=flr4ohSI0j8>

(or similar machine that you feel working your shoulders well)

**MACHINE "STRICT FORM" ROW:** <https://youtu.be/qVek72z3F1U?t=956> (can be done on any similar machine with a double overhand grip)

**MEADOWS ROW:** <https://youtu.be/f2JDJV0AnyY?t=336>

**MULTI-HEIGHT CABLE CROSSOVER:** <https://youtu.be/ST4NftL6IAQ>

## NECK FLEXION/EXTENSION:

**EXTENSION:** <https://youtu.be/gimeRpdqWQw?t=294>

**FLEXION:** <https://youtu.be/gimeRpdqWQw?t=243>

**NORDIC HAM CURL:** <https://youtu.be/qVek72z3F1U?t=683>

**PARTNER ASSISTED:** <https://www.youtube.com/watch?v=TThU76o0RK4>

**LAT PULLDOWN OPTION:** [https://youtu.be/KUVo0\\_NruP8](https://youtu.be/KUVo0_NruP8)

**OMNI-GRIP LAT PULLDOWN:** <https://youtu.be/qVek72z3F1U?t=927>

**ONE-ARM ROW:** <https://youtu.be/djKXLt7kv7Q?t=115>



**PAUSE BARBELL BENCH PRESS:** <https://youtu.be/vcBig73ojpE?t=134> (with a 2-3 second pause on the chest on each rep)

**PAUSE DB INCLINE PRESS:** <https://www.youtube.com/watch?v=p2t9daxLpB8>  
(plus a 2-3 second pause at the bottom in the stretched position)

**PEC FLYE:**

**BAND:** <https://youtu.be/d9WHnFu1xao>

**CABLE:** <https://youtu.be/-ElhKMDSjBY?t=110>

**DUMBBELLS:** <https://youtu.be/wkyadlB54wE>

**PENDLAY ROW/BENT OVER ROW:**

**BENT OVER ROW:** <https://youtu.be/djKXLt7kv7Q?t=273>

**PENDLAY ROW:** <https://youtu.be/axoeDmW0oAY?t=185>

**PIN SQUAT:** <https://youtu.be/fxitGcBp5DI>

**PINCH GRIP CURL:** <https://youtu.be/PJi2kKn0tbs>

**PLATE SHRUG:** <https://youtu.be/dWsbU1Rv7Lk>

**PRISONER BACK EXTENSION:** <https://youtu.be/qVek72z3F1U?t=683>

**PRONE TRAP RAISE:** <https://youtu.be/m2Hc5BjXbdQ>

**RESET DEADLIFT:**

**SUMO:** <https://youtu.be/KEOtP4w1KUg>

**CONVENTIONAL:** <https://youtu.be/c3PzzJqsKMQ>

**REVERSE PEC DECK** (Protracted Scapulae): <https://youtu.be/qVek72z3F1U?t=1025>

**REVERSE PEC DECK** (Protraction/Retraction ROM): <https://youtu.be/qVek72z3F1U?t=1040>

**ROPE OVERHEAD TRICEPS EXTENSION:** <https://youtu.be/qIW3z-ydg-M>

**SEATED CABLE ROW:** [https://youtu.be/FbWfA\\_s0XL8?t=273](https://youtu.be/FbWfA_s0XL8?t=273)

**SEATED FACE PULL:** <https://www.youtube.com/watch?v=x0WLWRbNdWM>

**SINGLE-ARM OVERHEAD TRICEPS EXTENSION:** <https://youtu.be/popGXl-qs98?t=367>

**SINGLE-ARM PULLDOWN:** [https://youtu.be/tQ2LSSP\\_0GQ?t=437](https://youtu.be/tQ2LSSP_0GQ?t=437)

**SINGLE-LEG HIP THRUST:** <https://youtu.be/qVek72z3F1U?t=672>

**SISSY SQUAT:** <https://youtu.be/51NvYk1lvvw>

An informative video explaining benefits of Sissy Squats from my friend Alex:

[https://www.youtube.com/watch?v=82z9d\\_QciX8](https://www.youtube.com/watch?v=82z9d_QciX8)

**SLIDING LEG CURL:** [https://youtu.be/0a\\_fVS2s4Ho?t=247](https://youtu.be/0a_fVS2s4Ho?t=247)

**STANDING CALF RAISE:** [https://youtu.be/-qsRtp\\_PbVM?t=185](https://youtu.be/-qsRtp_PbVM?t=185)

**TRICEPS PRESSDOWN:** <https://youtu.be/94DXwlcX8Po?t=106>

**TRICEPS PRESSDOWN 21S:** <https://youtu.be/p47splApw0Q> (do these in this order)

**UNILATERAL LEG CURL (CHOICE):**

**LYING LEG CURL:** <https://youtu.be/Y4Vv2ASsyhs?t=619>

**SEATED LEG CURL:** <https://youtu.be/2CMmuH4qJh0> (except with one leg at a time)

**UNILATERAL LEG PRESS:**

**UNILATERAL OPTION:** <https://youtu.be/07U0jrOxvgU>

**STANDARD OPTION:** <https://youtu.be/Gvgm70v4sPU>

**UNILATERAL STANDING CALF RAISE:** <https://youtu.be/f7DdxvcmSQQ>

**WALL SLIDE:** <https://youtu.be/CFiAOwA342Y>

**WEIGHTED CRUNCH:** <https://youtu.be/qVek72z3F1U?t=275>



**WEIGHTED ECCENTRIC-OVERLOAD PULL-UP:** <https://youtu.be/R7D6gFTpp2c>

**WEIGHTED NEUTRAL-GRIP PULL-UP:** <https://youtu.be/qXa1BUY1Gzk> (add weight as needed using a weight belt)

**WEIGHTED PULL-UP:** <https://youtu.be/Hdc7Mw6BIEE?t=99>

**WIDE-GRIP LAT PULLDOWN:** <https://youtu.be/qVek72z3F1U?t=927>



# EXERCISE SUBSTITUTIONS

If there are any exercises in the program that you cannot perform due to injury, pain or lack of equipment, below are some suggested alternatives that you can substitute. The substitutions are listed in order of preference.

Note: All exercises are listed in alphabetical order and are written exactly as they appear in the program. For example, "Pull Ups" are listed under "Weighted

Pull-Up" and "Bench Press" is listed under "Barbell Bench Press". You can use the Command+F function to find the exercise you need if you are on a computer.

**BACK SQUAT:** Hack squat, smith machine squat, [leg press + 15 reps of back extensions]

**BAND PULL-APART:** Bent over reverse dumbbell flye, reverse cable crossover

**BARBELL BENCH PRESS:** Dumbbell bench press, machine chest press, smith machine bench press

**BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK):** Plate pinch (hold two 10 lb plates together side-by-side and pinch with your fingers)

**BARBELL OR EZ BAR CURL:** Dumbbell curl, cable curl

**BARBELL OVERHEAD PRESS:** Seated barbell overhead press

**BARBELL RDL:** Good morning, stiff-leg deadlift

**BAYESIAN CURL:** Incline dumbbell curl

**BLOCK PULL:** Snatch-grip deadlift

**BOX SQUAT:** Front squat, goblet squat, safety bar squat

**BULGARIAN SPLIT SQUAT:** Dumbbell high step-up, reverse lunge

**CABLE CRUNCH:** Plate-weighted crunch, bodyweight crunch, V sit-up, bicycle crunch

**CABLE CURL:** Dumbbell curl, EZ bar curl, barbell curl

**CABLE PULL-THROUGH:** Glute-ham raise, glute bridge, reverse hyper, barbell hip thrust

**CABLE REVERSE FLYE:** Reverse pec deck, bent over reverse dumbbell flye

**CABLE SHRUG-IN:** Wide-grip barbell shrug, dumbbell shrug (shrug up and in)

**CABLE TRICEPS KICKBACK:** Dumbbell triceps kickback, V-bar pressdown

**CHEST-SUPPORTED ROW:** Cable single-arm row, chest-supported T-bar row, DB chest-supported row

**CHIN-UP:** Pull-up, supinated lat pulldown

**CLOSE-GRIP BENCH PRESS:** Close-grip dumbbell bench press, dip, machine dip

**CLOSE-GRIP INCLINE BARBELL BENCH PRESS:** Close-grip incline dumbbell bench press

**CONCENTRATION CURL:** DB preacher curl

**CONSTANT-TENSION CABLE KNEELING PULLOVER:** Constant-tension dumbbell lat pullover, constant-tension band lat pullover

**CONSTANT-TENSION CABLE TRICEPS KICKBACK:** Constant-tension dumbbell triceps kickback, constant-tension band tricep kickback

**DB LATERAL RAISE:** Machine lateral raise, Egyptian lateral raise

**DB LATERAL RAISE SWING:** Machine lateral raise, Egyptian lateral raise

**DEADLIFT:**

- **CONVENTIONAL:** Sumo deadlift, trap bar deadlift
- **SUMO:** Conventional deadlift, trap bar deadlift

**DEFICIT PUSH-UP:** Barbell incline press, paused dumbbell incline press

**DIP:** Assisted dip, machine dip, flat DB press (feel the stretch at the bottom)

**DUMBBELL LATERAL RAISE 21S:** Machine lateral raise 21s, Egyptian lateral raise 21s

**DUMBBELL LATERAL RAISE ISO-HOLD:** Machine lateral raise iso-hold, Egyptian lateral raise iso-hold

**ECCENTRIC-ACCENTUATED BARBELL SKULL CRUSHER:** Eccentric-accentuated EZ bar skull crusher, floor press, pin press, JM press

**ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL:** Eccentric-accentuated dumbbell curl, eccentric-accentuated cable curl

**ECCENTRIC-ACCENTUATED LEG EXTENSION:** Sissy squat, eccentric-accentuated goblet squat

**ECCENTRIC-ACCENTUATED PULL-UP:** Eccentric-accentuated lat pulldown, eccentric-accentuated neutral-grip pull-up

**EGYPTIAN LATERAL RAISE:** Dumbbell lateral raise, machine lateral raise

**ENHANCED-ECCENTRIC CALF RAISE:** Standing calf raise, seated calf raise, leg press calf press

**EZ BAR PRONATED CURL:** Dumbbell pronated curl, cable pronated curl, barbell pronated curl

**EZ BAR SUPINATED CURL:** Dumbbell supinated curl, cable supinated curl, barbell supinated curl

**FRONT SQUAT:** High-bar box squat, safety bar squat, goblet squat

**GLUTE-HAM RAISE:** Nordic ham curl, glute bridge, reverse hyper, cable pull-through

**HACK SQUAT:** Smith machine squat, leg press (feet lower on platform), high-bar box squat

**HAMMER CURL:** EZ bar pronated curl, rope hammer curl

**HAMMER "CHEAT" CURL:** EZ bar pronated "cheat" curl, rope hammer "cheat" curl

**HANGING LEG RAISE:** Captain's chair crunch, reverse crunch

**HELMS ROW:** Humble row, chest-supported T-bar row (pronated grip)

**HIP ABDUCTION:**

- **BANDED:** Machine hip abduction, weighted hip abduction
- **MACHINE:** Banded hip abduction, weighted hip abduction
- **WEIGHTED:** Banded hip abduction, machine hip abduction

**INCLINE DUMBBELL CURL:** Bayesian curl

**INCLINE DUMBBELL SHRUG:** T-bar shrug, smith machine shrug

**INVERSE ZOTTMAN CURL:** Hammer curl, EZ bar curl

**L-SIT HOLD:** Captain's chair straight-leg hold, hanging leg raise (5-10 reps), long-lever plank (30 sec hold)

**LARSEN PRESS:** Dumbbell bench press (no leg drive)

**LATERAL RAISE (CHOICE):**

- **BAND:** Machine lateral raise, Egyptian lateral raise, dumbbell lateral raise
- **CABLE:** Machine lateral raise, band lateral raise, dumbbell lateral raise
- **DUMBBELLS:** Machine lateral raise, Egyptian lateral raise, band lateral raise

**LEG CURL (CHOICE):**

- **LYING LEG CURL:** Seated leg curl, sliding leg curl
- **SEATED LEG CURL:** Lying leg curl, sliding leg curl

**LEG EXTENSION:** Sissy squat, goblet squat

**LEG PRESS:** Goblet squat, walking lunge

**LONG-LEVER PLANK:** Ab wheel rollout, plank, hollow body hold

**MACHINE SHOULDER PRESS:** Seated dumbbell shoulder press, dumbbell Arnold press

**MACHINE "STRICT FORM" ROW:** Cable "strict form" row, dumbbell "strict form" row

**MEADOWS ROW:** Helms row, humble row, chest-supported T-bar row (overhand

grip)

**MULTI-HEIGHT CABLE CROSSOVER:** Flat-to-incline dumbbell flye, pec deck

**NECK FLEXION/EXTENSION:** Neck bridge, isometric yoga ball wall neck hold

**NORDIC HAM CURL:** Swiss ball leg curl, sliding leg curl, seated leg curl, lying leg curl

**OMNI-GRIP LAT PULLDOWN:** Omni-grip pull-up, chin-up, neutral-grip pull-up

**ONE-ARM ROW:** Cable single-arm row, dumbbell chest-supported row

**PAUSE BARBELL BENCH PRESS:** Pause dumbbell bench press

**PAUSE DB INCLINE PRESS:** Pause deficit push-up, pause barbell incline press

**PEC FLYE:** Machine flye (pec deck), cable flye, DB flye, banded push up

**PENDLAY ROW/BENT OVER ROW:** Dumbbell row, cable seated row

**PIN SQUAT:** Pause barbell back squat (1-2 sec pause in the hole), box pause squat (1-2 second pause on the box)

**PINCH GRIP CURL:** Pronated (reverse-grip) dumbbell curl, pronated (reverse-grip) EZ bar curl

**PLATE SHRUG:** Dumbbell shrug, barbell shrug

**PRISONER BACK EXTENSION:** Dumbbell 45° hyperextension, supermans

**PRONE TRAP RAISE:** Face pull, dumbbell rear delt flye

**RESET DEADLIFT:** Sumo/conventional deadlift, trap bar deadlift

**REVERSE PEC DECK (PROTRACTED SCAPULAE):** Face pull, dumbbell rear delt flye

**REVERSE PEC DECK (PROTRACTION/RETRACTION ROM):** Cable reverse flye, dumbbell rear delt flye

**ROPE OVERHEAD TRICEPS EXTENSION:** Dumbbell overhead triceps extension,



band overhead triceps extension

**SEATED CABLE ROW:** Chest-supported T-bar row, dumbbell row, barbell row

**SEATED FACE PULL:** Cable reverse flye, dumbbell rear delt flye, reverse pec deck

**SINGLE-ARM OVERHEAD TRICEPS EXTENSION:** Single-arm dumbbell overhead triceps extension, single-arm band overhead triceps extension

**SINGLE-ARM PULLDOWN:** Lat pulldown, band lat pulldown

**SINGLE-LEG HIP THRUST:** Hip thrust, glute bridge, dumbbell 45° hyperextension

**SISSY SQUAT:** Leg extension, goblet squat

**SLIDING LEG CURL:** Seated leg curl, lying leg curl, swiss ball leg curl, Nordic ham curl

**STANDING CALF RAISE:** Seated calf raise, leg press calf press

**TRICEPS PRESSDOWN:** Band triceps pressdown, rope overhead triceps extension, dumbbell triceps kickback

**TRICEPS PRESSDOWN 21S:** Band tricep pressdown 21s, rope overhead triceps extension 21s, dumbbell triceps kickback 21s

**UNILATERAL LEG CURL (CHOICE):** Lying leg curl, seated leg curl, sliding leg curl

**UNILATERAL LEG PRESS:** Leg press, dumbbell walking lunge, reverse lunge, dumbbell step-up

**UNILATERAL STANDING CALF RAISE:** Unilateral leg press calf press, unilateral seated calf raise, standing calf raise

**WALL SLIDE:** Cable external rotation, band external rotation

**WEIGHTED CRUNCH:** Cable crunch, bicycle crunch, bodyweight crunch  
(increase reps to hit RPE)



**WEIGHTED ECCENTRIC-OVERLOAD PULL-UP:** Pull-up (increase reps to hit RPE), lat pulldown, neutral-grip lat pulldown

**WEIGHTED NEUTRAL-GRIP PULL-UP:** Pull-up, neutral-grip lat pulldown

**WEIGHTED PULL-UP:** Lat pulldown, neutral-grip lat pulldown

**WIDE-GRIP LAT PULLDOWN:** Wide-grip pull-up, wide-grip assisted pull-up, band lat pulldown



# REFERENCES

- 1: Pearcey GE, Bradbury-squires DJ, Kawamoto JE, Drinkwater EJ, Behm DG, Button DC. Foam rolling for delayed-onset muscle soreness and recovery of dynamic performance measures. J Athl Train. 2015;50(1):5-13.
- 2: Macdonald GZ, Button DC, Drinkwater EJ, Behm DG. Foam rolling as a recovery tool after an intense bout of physical activity. Med Sci Sports Exerc. 2014;46(1):131-42.
- 3: Appell HJ, Soares JM, Duarte JA. Exercise, muscle damage and fatigue. Sports Med. 1992;13(2):108-15.

- 4: Newham DJ, Jones DA, Ghosh G, Aurora P. Muscle fatigue and pain after eccentric contractions at long and short length. Clin Sci. 1988;74(5):553-7
- 5: Schoenfeld BJ. Does exercise-induced muscle damage play a role in skeletal muscle hypertrophy?. J Strength Cond Res. 2012;26(5):1441-53.
- 6: Longland TM, Oikawa SY, Mitchell CJ, Devries MC, Phillips SM. Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: a randomized trial. Am J Clin Nutr. 2016;103(3):738-746.
- 7: Morton RW, Murphy KT, McKellar SR, et al. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. Br J Sports Med. 2018;52(6):376-384.
- 8: Wilson JM, Marin PJ, Rhea MR, Wilson SM, Loenneke JP, Anderson JC. Concurrent training: a meta-analysis examining interference of aerobic and resistance exercises. J Strength Cond Res. 2012 Aug;26(8):2293-2307.
- 9: Murlasits Z, Kneffel Z, Thalib L. The physiological effects of concurrent strength and endurance training sequence: A systematic review and meta-analysis. Journal of Sports Sciences. 2018 Jun;36(11):1212-1219.
- 10: West DJ, Cook CJ, Beaven MC, Kilduff LP. The influence of the time of day on core temperature and lower body power output in elite rugby union sevens players. J Strength Cond Res. 2014;28(6):1524-8.
- 11: Barroso R, Silva-batista C, Tricoli V, Roschel H, Ugrinowitsch C. The effects of different intensities and durations of the general warm-up on leg

press 1RM. J Strength Cond Res. 2013;27(4):1009-13.

12: Racinais S. Different effects of heat exposure upon exercise performance in the morning and afternoon. Scand J Med Sci Sports. 2010;20 Suppl 3:80-9.

13: Parr M, Price PD, Cleather DJ. Effect of a gluteal activation warm-up on explosive exercise performance. BMJ Open Sport Exerc Med. 2017;3(1):e000245.

14: Cheatham SW, Kolber MJ, Cain M, Lee M. The Effects of Self-Myofascial Release Using A Foam Roll or Roller Massager on Joint Range of Motion, Muscle Recovery, And Performance: A Systematic Review. Int J Sports Phys Ther. 2015;10(6):827-38.

15: Shellock FG, Prentice WE. Warming-up and stretching for improved physical performance and prevention of sports-related injuries. Sports Med. 1985;2(4):267-78.

16: Helms ER, Byrnes RK, Cooke DM, et al. RPE vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions. Front Physiol. 2018;9:247. Published 2018 Mar 21.

17: Graham T, Cleather DJ. Autoregulation by “Repetitions in Reserve” Leads to Greater Improvements in Strength Over a 12-Week Training Program Than Fixed Loading [published online ahead of print, 2019 Apr 17]. J Strength Cond Res. 2019;10.1519.

18: Dorrell HF, Smith MF, Gee TI. Comparison of Velocity-Based and Traditional Percentage-Based Loading Methods on Maximal Strength and

Power Adaptations. *J Strength Cond Res.* 2020;34(1):46-53.

19: Hoffman J. *NSCA's guide to program design.* Champaign, IL: Human Kinetics; 2012.

20: Davies T, Orr R, Halaki M, Hackett D. Effect of Training Leading to Repetition Failure on Muscular Strength: A Systematic Review and Meta-Analysis. *Sports Medicine.* 2016 Apr;46(4):487-502.

21: Pareja-Blanco F, Rodríguez-Rosell D, Sánchez-Medina L, et al. Effects of velocity loss during resistance training on athletic performance, strength gains and muscle adaptations. *Scand J Med Sci Sports.* 2017;27(7):724-735.

22: Lasevicius T, Schoenfeld BJ, Silva-Batista C, et al. Muscle Failure Promotes Greater Muscle Hypertrophy in Low-Load but Not in High-Load Resistance Training [published online ahead of print, 2019 Dec 27]. *J Strength Cond Res.*

23: Hass CJ, Garzarella L, De hoyos D, Pollock ML. Single versus multiple sets in longterm recreational weightlifters. *Med Sci Sports Exerc.* 2000;32(1):235-42.

24: Radaelli R, Fleck SJ, Leite T, et al. Dose-response of 1, 3, and 5 sets of resistance exercise on strength, local muscular endurance, and hypertrophy. *J Strength CondRes.* 2015;29(5):1349-58.

25: Hackett DA, Amirthalingam T, Mitchell L, Mavros Y, Wilson GC, Halaki M. Effects of a 12 Week Modified German Volume Training Program on Muscle Strength and Hypertrophy-A Pilot Study. *Sports (Basel).* 2018;6(1):7.

- 26: Krieger JW. Single vs. Multiple Sets of Resistance Exercise for Muscle Hypertrophy: A Meta-Analysis. *Journal of Strength and Conditioning Research*. 2010 Mar;24(4):1150–9.
- 27: Schoenfeld BJ, Ogborn D, Krieger JW. Dose-response relationship between weekly resistance training volume and increases in muscle mass: A systematic review and meta-analysis. *Journal of Sports Sciences*. 2017 Jun;35(11):1073–82.
- 28: Schoenfeld BJ, Contreras B, Krieger J, et al. Resistance Training Volume Enhances Muscle Hypertrophy but Not Strength in Trained Men. *Med Sci Sports Exerc*. 2019;51(1):94–103.
- 29: Ostrowski KJ, Wilson GJ, Weatherby R, Murphy PW, Lyttle AD. The Effect of Weight Training Volume on Hormonal Output and Muscular Size and Function. *The Journal of Strength and Conditioning Research*. 1997 Aug;11(3):148–54.





# COMMENTS FROM JEFF

For customer support please use the contact form through my website here:

[jeffnippard.com/contact](http://jeffnippard.com/contact). Please allow for 3-5 business days for a reply.

Thank you so much for your support and good luck with the training!





JEFF NIPPARD

# POWERBUILDING PHASE 2.0

THIS DOCUMENT IS THE INTELLECTUAL PROPERTY OF JEFF NIPPARD  
UNAUTHORIZED DISTRIBUTION OF THIS DOCUMENT IS STRICTLY PROHIBITED  
AND VIOLATORS WILL BE PROSECUTED.

    | @JEFFNIPPARD